



November/December 2020

# HERITAGE

**Here for each other, call 978-674-4131 to stay in touch.**

**Aquí estamos una para el otro. Llame al 978-674-1168 para mantenerse en contacto.**

**Aqui um para o outro, chama 978-674-1167 para ficar em contato.**

**ពួកយើងនៅទីនេះសម្រាប់គ្នាទៅវិញទៅមក  
សូមធ្វើការហៅទូរស័ព្ទមកលេខ 978-735-9247 ដើម្បីរក្សាទំនាក់ទំនង។**

**Tunawatakia kila la kheri. Tuna wakumbusha pia tuko hapa kwa ajili yenu. Tuwasiliane kwa simu numba 978-674-1174. Asanteni!**

## **Free Information Session on De-Cluttering** **Tuesday, Dec 8 at 2 pm**

Lowell residents age 60+ (or friends and family with questions for a loved one) are welcome to attend a free information session via Zoom conference call. All you need to participate is a phone to dial the event's toll-free number. Sign up in advance with Lil, 978-674-1170



Guest speaker Lynn Faust will introduce the Lowell Senior Center's new group, Buried in Treasures, aimed to support those struggling with excess clutter. The 15-week program will be held Tuesdays at 2pm starting in January. Alternate times are available. The friendly, non-judgmental program is designed to help those with "exuberant collecting" tendencies or excessive clutter to learn and practice skills to reduce acquiring, sort and discard.

### **"Buried in Treasures" Support Group**

15 Tuesdays at 2pm starting Jan. 26

Contact Lil at 978-674-1170 if you would like to participate in this FREE 15-week supportive workshop, coaching and self-help group (Lowell residents age 60+). Optional video conference equipment will be provided as needed. This program is funded by a federal Community Development Block Grant and offered collaboratively with Coalition for a Better Acre.

**CITY MANAGER**

Eileen Donoghue

**Assistant City Manager**

Kara Keefe-Mullin

**City Council****Mayor**

John J. Leahy

**Vice Chair**

Rita M. Mercier

\* \* \* \* \*

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 P.M.  
Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

**Library Senior Center Branch**

978-674-1177

Open for computer use  
by appointment.**LOWELL  
SENIOR CENTER****276 Broadway St  
Lowell, MA 01854****978-674-4131**~~~~~  
Monday–Friday:  
**7 am to 3 pm**Saturday–Sunday:  
**Open for meals only**Daily Takeout Breakfast:  
7:00-9:00 amDaily Takeout Lunch:  
10-11:30 am~~~~~  
**Director:** Lil Hartman**Receptionist:** Tara Donnelly**Events:** Carol Lannan**Outreach Team**Amy Leal 978-674-1167  
(Portuguese, Spanish)Gladys Rosa 978-674-1168  
(Spanish)Eunice Wanjiru 978-674-1174  
(Swahili)Seila Chuop 978-735-9247  
(Khmer, Korean)**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Mary Donnelly**Beverly Gonsalves**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo**Amy Pessia**Anne Marie Porter*~~~~~  
**Next meeting: Monday,  
November 9th  
at 9:00am****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading  
*The Heritage Newsletter*  
online?Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)*Join our e-mail list for weekly  
updates about events, and a notice  
when the newsletter is available  
online.**Please call 978-674-4131 to share  
your email address with us.***LIMITED PUBLIC HOURS**  
**CITY HALL & CITY BUILDINGS****TUESDAY, 8AM - 8PM****THURSDAY, 8AM - 5PM**

## Holiday Greetings from the Senior Center

At this time of year many of us are gearing up for holidays. With some creativity, we can honor traditions and celebrate this joyful season safely. For example, the CDC recommends having a small Thanksgiving dinner with only your household, doing no-contact deliveries of traditional foods to family and neighbors, or having a virtual dinner and sharing recipes. In addition to national holidays Veterans Day, Thanksgiving and Christmas, here are some other holidays happening in November/December:



- Constitution Day, Dominican Republic – observed Nov. 9, 2020
- Cambodian Independence Day – Nov. 9
- Diwali (Indian Festival of Lights) – Nov. 14
- Independence of Cartagena City Day, Colombia – observed Nov. 16, 2020  
*The holiday commemorates November 11th 1811 when Cartagena became the first Colombian city to declare independence from the Spanish.*
- Puerto Rico Discovery Day – Nov. 19
- Hannukah – Dec. 10 to Dec. 18
- Kwanzaa – Dec. 26 to Jan. 1

At the senior center are working to build connections for anyone feeling isolated. In this edition, look for messages from ReachOutMA, and consider getting matched with a Phone Pal to stay in touch. We also welcome Eunice Wanjiru, a new senior outreach specialist from Community Teamwork to our team. You may hear from her, Seila Chuop (CMAA), or senior center staff calling you to check in. You are also welcome to call us anytime at 978-674-4131.

We'd like to thank all people who are giving their time or resources to support the community. Special thanks to Linda Collins for continuing to donate cloth masks for seniors, to Remedium Pharmacy in Chelmsford for donating PPE to the senior center, and to the Lion's Club for sponsoring our Veteran's Breakfast on Nov. 10.

Wishing you a safe and happy holiday season!

~ Lil Hartman  
978-674-1170

### MASSACHUSETTS SAFER AT HOME ADVISORY

People over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.





## **Become a Lowell Senior Center Phone Pal**

During this time we are all feeling isolated by the pandemic of COVID-19. By simply offering a fellow senior a friendly call for social support, we can make a difference within our community. By keeping spirits up we are inviting those who are interested in the Phone Pal Program to please contact the senior center.

Please reach out to Gladys at 978-674-1168 or by email at [Crosa@lowellma.gov](mailto:Crosa@lowellma.gov)

In the email please state your name, contact information, availability and interest. |

## **Meet Eunice!**

My name is Eunice Wanjiru. I grew up in Nairobi, Kenya. I am a recent immigrant and student at UMass Boston where I am pursuing graduate studies in Public Policy Administration. My passion is in community advocacy and capacity building.

In my current role as an Senior Outreach Specialist, nothing gives more joy than to speak to our seniors to find out how they doing and engage them in conversations on the activities they are engaged in and offer social support. Enduring this time that we must stay apart but together, there is our Phone Pal program. We encourage you to consider joining this free program, where we can match you with a volunteer for wellness checks calls and or a call from us at the center to discuss any concerns you may have regarding your SNAP benefits, Medical Benefits, Meals on Wheels and or Fuel assistance. I can be reached directly at 978-674-1174.



I am also involved with the Age-Friendly City Project that seeks to engage seniors in providing feedback and planning with the goal of creating a city that enables seniors to "age actively" — that is live in security, enjoy good health and continue to participate fully in society.

*Tunawatakia kila la kheri. Tuna wakumbusha pia tuko hapa kwa ajili yenu.  
Tuwasiliane kwa simu numba 978-674-1174. Asanteni!*

**#1 Wave to a neighbor**

National Good Neighbor Day is September 28, but we can be good neighbors every day! Be sure to say hello, whether it's in passing on your way to the car or during a six-feet-apart block party.

**#3 Give a compliment to a stranger**

With fewer interactions these days, let's make the most of them! Give a compliment while shopping at the grocery store, filling up at the gas station, or picking up take-out food.

**#5 Write a letter or a card**

In the digital era, handwritten notes signal a lot of thought and care. Choose an old friend, distant relative, or stranger living in a local nursing home, and use your creativity to send them a special note.

**#7 Ask a question**

Don't underestimate the power of an authentic question and the willingness to listen deeply. Try "how are you really?" or ask "what new things have you learned recently?"

**#9 Challenge yourself**

Commit to reaching out to one person each day—even if it's as simple as a text message! Or challenge yourself to send birthday cards to everyone you know with a birthday this month.

**#2 Give your time to local causes**

Contact your town's senior center, food pantry, or faith communities to find out how you can help local residents. Volunteering even for an hour a week is a meaningful way to connect.

**#4 Invite someone to participate**

Being included makes people feel good. Whether it's a six-feet-apart walk, an online book club, or a virtual happy hour, make the extra effort to invite someone new to participate.

**#6 Make a surprise phone call**

Maybe it's your mom, your grandparent, or that college roommate you've lost touch with... now's the time to connect with the people you keep meaning to call. Set a goal of one a week!

**#8 Share your passion**

It could be starting a "meal swap" in your neighborhood to share your cooking, creating art outdoors for others to enjoy, or lending your favorite book to someone new.

**#10 Know what is happening locally**

Subscribe to the local paper, read a local magazine, and watch the public access television channel. This helps you feel connected to your community and may give you ideas for getting involved!





## Get Fit, Stay Fit from Home

On Lowell cable Channel 8 or [www.LTC.org](http://www.LTC.org)

Yoga Mondays 1:30

Recovery Fitness Tuesdays at 10am and Thursday at 9:30pm

Tae Kwon Do Wednesday 8pm

Young at Heart Wednesdays at 3pm

Lowell Senior Center "On the Move" Tuesday 1:30pm,

Fridays 3pm, Saturdays 10:30am.



Our very own Marian Silk has recorded 8 sessions for her class participants and new members to join in! Please mark your "attendance" by calling in, 978-674-4131.

## "Buried in Treasures" Support Group to Begin in January

Attend the information session Dec. 8 to learn more, or contact Lil at 978-674-1170 if you would like to participate in this FREE 15-week supportive workshop, coaching and self-help group (Lowell residents age 60+). Optional video conference equipment will be provided as needed. This program is funded by a federal Community Development Block Grant and offered collaboratively with Coalition for a Better Acre.



## "Lowell Senior Center Presents"

10:00 am on Wednesday and 2:30 pm on Sunday  
On Lowell cable Channel 8

Coming soon:

**New! WALKING STICK DEMONSTATION  
ANGKOR DANCERS**

**JACK HOLMES TRAVEL PHOTOGRAPHY**

**MARK STANZLER—The Boston Elvis**

**ARCHIE RICHARDS SING-A-LONG**

**SINGING STATE TROOPER**



This program is supported by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Donna Miceli presents  
**Dance MOVES**

DMDC is thrilled to offer live streamed classes on Zoom designed for People with Parkinson's and other persons with mobility challenges, including all seniors. Care partners are also invited to share in the experience.

*Dance MOVES is offered FREE of charge or by donation.*

**BI-MONTHLY ON  
 TUESDAYS @11AM  
 BEGINNING SEPT 15,  
 2020 THROUGH  
 DECEMBER**

To pre-register for Dance MOVES class and receive the Zoom invitation, please email  
**Donna @ miceli.dmdc@gmail.com.**



## CTI Bone Builders

Jean Jacoppi, a leader of Bone Builders at Tyngsboro Senior Center, has created a video for all to access through Youtube. Simply search for: **Crystal Lake RV Bone Builders**. The video is in two parts. All are welcome to exercise to it. Comfortable Weights are necessary.



*Living My Dream Yoga*

**Christine Connolly RN, BSN**

500 hr Kripalu Yoga Teacher

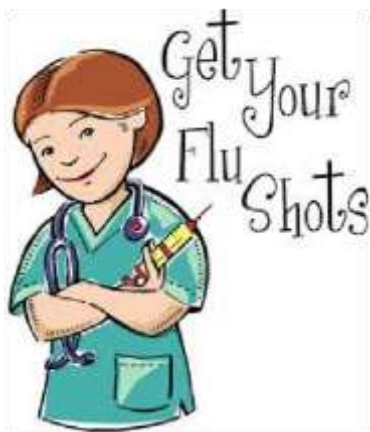
Reiki II Practitioner

[www.livingmydreamyoga.com](http://www.livingmydreamyoga.com)

Zoom Classes ... Tuesdays 10:00 am ... Free



## **FREE FLU CLINIC**



By Lowell Health  
Department for  
residents over 60

Wednesday, Nov. 18  
10:30am-12:30pm

at Lowell Senior  
Center

**Appointments are required!** Call Nicole  
at 978-674-1077 to schedule your visit.

## **Foot Clinic with Diane Stanley, RN**

Thursdays,  
November 19th and December 17th  
9:00am – 12:00pm

\$30.00 fee

A Total Foot Care appointment including: foot  
assessment, toenail trimming and filing, reduction  
of nails/corns/calluses as needed, education  
to help maintain self-care, and a relaxing foot  
massage.



Call for appointments:  
978-674-1167

2nd Floor  
Nurse's Station

## **FREE Exercise Room**



By appointment Monday - Friday  
7:00 am—2:00 pm  
Call 978-674-4131 to sign up  
Doctor's note required

## **Please Donate**

We are now accepting  
donations of wheelchairs  
(gently –used and with

foot rests),

walkers

(gently used), shower  
chairs (new or never  
used please).



## **Need assistance with Medicare? SHINE can help!**

SHINE = Serving Health Insurance Needs of  
Everyone...on or eligible for Medicare.

Certified SHINE counselors offer free, unbi-  
ased, confidential counseling on all aspects of  
health insurance to anyone on or eligible for  
Medicare.

Mark your calendar ... **Now – December 7th**  
... Medicare Open Enrollment

This is your opportunity to review your Med-  
icare plans to see what you can expect with  
your current plan in 2021, or to see if there is  
another plan that may be more cost-effective  
for you. You may also benefit from cost-  
savings programs that a SHINE counselor  
will explain to you.

Due to the current COVID-19 pandemic,  
SHINE counselors are meeting by phone on-  
ly. Please call 978-946-1374 or email  
[lowellmashine@gmail.com](mailto:lowellmashine@gmail.com) and leave your  
name, phone number, and address and we  
will mail you an information packet about  
available plans.



## Holiday Meal Specials at the Lowell Senior Center (Age 60+)



**Tuesday, Nov. 10, 7 to 9am** — Special Veteran's Breakfast Takeout. Thanks to the Lion's Club for sponsoring this meal!! FREE



**Thursday, Nov. 19, 10-11:30am** — Special Thanksgiving Takeout Lunch for Two. Double portions of turkey and all the fixings to eat at home with a household member, or save the leftovers for dinner! \$2.50 suggested



**Wednesday, Dec. 16, 10-11:30am** —

Holiday Takeout Lunch, with holiday treats for seniors. \$2.50 suggested



### Coffee with a Cop

Mondays, November 16th and Tuesday, December 15th  
Starting at 8:00 a.m.

Stop by for a hot cup of coffee! Stay for a confidential conversation with Lowell Police about your questions or concerns.

### Senior Transportation

Please call 978-674-4131 if you need a \$1 ride to the grocery store. On grocery trips, attendance will be limited to 4 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip. Buses are sanitized after each round-trip.



We do not offer a lunch bus to the senior center at this time. If you need hot meals made for you, please sign up for Meals on Wheels at 800-892-0890.

### Meals on Wheels NEEDS Volunteers Like YOU!

A Meals on Wheels volunteer driver may be the only person a home-bound senior sees in a day, or sometimes a week. Volunteers offer a daily dose of human connection and a nutritious meal that helps keep seniors happy and healthy. Become a volunteer driver today.

Contact Elder Services of the Merrimack Valley and North Shore at 978-686-1422 or [nutrition@esmv.org](mailto:nutrition@esmv.org).

## Lunch Menu: November-December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8. BBQ Beef Rice Green Beans Banana	9. Chicken Leg Roasted Potato Broccoli <b>Cantaloupe</b>	10. Pork Loin Mashed Potato Mixed Veggies Watermelon	11. CLOSED for VETERANS DAY	12. Chicken Tortillas Rice Black Beans Apple	13. Fish Patty Coleslaw Berries	14. Ham Dinner Roasted Potato Peas Pineapple
15. Beef Patty Mashed Potato <b>Gravy, Com Apricots</b>	16. Chicken Rice Green Beans <b>Carrots Pears</b>	17. Beef Scalloped Potato Salad Banana	18. Spaghetti Chicken Meatballs Applesauce	19. Thanksgiving Special for Two Turkey Dinner Mashed Potato Stuffing, Squash Pie	20. Pollack Rice Spinach <b>Cake</b>	21. Grilled Chicken Pasta Chicken Soup Pudding
22. Stuffed Cabbage Mashed Potato Veg Medley Fruit Salad	23. Chicken thighs Rice Pilaf <b>Carrots</b> Fruit cocktail	24. <b>Sausage Stir Fry</b> Roasted Potato <b>Strawberries</b>	25. <b>Shepard's Pie</b> Mashed Potato <b>Com</b> Peaches	26. Closed for Thanksgiving Holiday	27. Chicken Sandwich Rice Peas Pudding	28. Cheese Ravioli <b>Carrots</b> Pasta Apple Crisp
29. <b>Chicken Supreme, Mashed Potato- Gravy Green Beans Apricots</b>	30. <b>Stuffed Peppers with Beef, Rice &amp; Orzo, Corn Cantaloupe</b>	1. <b>Beef Pasta</b> Carrots, Onions Beef Veg Soup	2. Chicken Leg Potato Green Beans Peas Pears	3. Roast Pork Din- ner with Rice Peas Applesauce	4. Pollack Mashed Potato Squash Cake	5. Chicken Ala King <b>Rice</b> Mixed Veggie Banana
6. Beef Burrito Rice Roasted Com Blueberry Pie	7. Chicken Pasta Salad Tomato, Cukes Apricots	8. Chicken Meat- balls Pasta Carrots Cookies	9. Hamburger Mashed Potato Com Applesauce	10. Veggie Lasagna 3-Bean Salad Broccoli Mandarin Oranges	11. Fish Sticks Rice Mixed Veggies Peaches	12. Stuffed Cabbage Potato Broccoli Pears
13. Grilled Cheese Sandwich Chips, Salad Fruit cup	14. Chicken Salad Chicken Noodle Soup Mandarin Oranges	15. Liver & Onions Potato Collard Greens	16. Holiday Special Pork-stuffed Chicken, Mashed Potato, Green Beans Almandine Cake	17. Pork Pasta Peas & Carrots Applesauce	18. Pollack Mashed Potato Green Beans Pears	19. Chicken Nuggets Pasta Spinach Pineapple
20. <b>Meatloaf</b> Mashed Potato <b>Corn</b> Pears	21. Curry Chicken Rice Carrots Peas Watermelon	22. Taco Tuesday Rice Cantaloupe	23. Turkey Dinner Mashed Potato Peas <b>Apricots</b>	24. Boiled Dinner Potato <b>Carrots</b> Cabbage <b>cookies</b>	25. Closed for Christmas Holi- day	26. Swedish Meatballs Egg Noodles Fruit Cup Spinach
27. Hot Dogs <b>&amp;Beans</b> Potato <b>Apple Crisp</b>	28. Chicken Stew Potato <b>Carrots</b> <b>Cookies</b>	29. Chicken Alfredo Ziti Pasta Broccoli <b>Chocolate Cake</b>	30. Spanish Pork Roasted Potato Green Beans Applesauce	31. Chicken Gumbo <b>Carrots</b> <b>Onions</b> Cornbread	Closed for <b>New Year's Day</b>	



All lunches are served with milk and bread

A soup of the day will be available frequently during the colder months

Do you like a particular menu item, or have a recipe to share? Please call us at 978-674-1170 to provide feedback or email [jwilkins@lowellma.gov](mailto:jwilkins@lowellma.gov)



### Recipe of the month: Gingerbread Cookie Shapes

*Great to mail or deliver to a friend!*

2/4 cup butter, softened  
1 cup brown sugar  
1 large egg  
3/4 cup molasses  
4 cups all-purpose flour  
2 tsp. ground ginger  
1 1/2 tsp. baking soda  
1 1/2 tsp cinnamon  
3/4 tsp. ground cloves  
1/4 tsp. salt

Cream butter and sugar, then stir in eggs and molasses until smooth. Mix dry ingredients separately and gradually add to the creamed mixture. Cover and refrigerate 4+ hours.

Roll into 1/8 inch thickness on floured surface, use cookie cutters to shape and bake at 350 degrees, 10 minutes on ungreased pan. Cool and decorate however you like.

Snap a photo to share with us!

The Greater Boston  
**FOOD  
BANK** 

# BROWN BAG

A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.



**DATES:**  
**4<sup>th</sup> Tuesday**  
**(2020)**

November 24  
December 22

**FOR INFORMATION,  
CONTACT:**

Laura Marsan  
(978) 946-1303  
Justin Jordan  
(978) 946-1279

**Please bring reusable  
bags, baskets, or a cart  
to carry your food.**

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**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail [lowell@wingatecompanies.com](mailto:lowell@wingatecompanies.com)





# Clear Path FOR VETERANS NEW ENGLAND

Supporting the Journey HOME

Clear Path for Veterans New England collaboration with our local community partners to bring fresh produce boxes to the Lowell Veteran Community!

For the Month of November each veteran can register to receive a fresh produce box each week. While supplies last!!

**Each box contains fresh produce, fruit, dairy, meat protein, and eggs**



**Please share to all those in need of this wonderful opportunity!!**

All Veterans who would like a perishable produce box should contact your Lowell Veteran Service Officer to register.

**Call or Text VSO Eric Larmarche at 978-835-4910 or email him at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov)**

If you are a veteran in need of additional services Please contact Clear Path for Veterans New England at (978) 384-8800 or email [info@clearpathne.org](mailto:info@clearpathne.org) for more information on additional services provided

This opportunity provided by Clear path for Veterans New England and in Partnership with Massachusetts Military Support Foundation Inc. food4vets program.



# VETERANS DAY

NOVEMBER 11, 2020

The background of the entire page is a vibrant sunset sky with orange, yellow, and purple clouds. In the foreground, silhouetted against this sky, is a group of people on a grassy hill. From left to right, there is a young girl standing, a small child holding a flag, a group of people helping each other up the hill, a person in a wheelchair being assisted, and a man standing at the top right. The overall mood is one of honor and community.

HONORING  
ALL WHO  
SERVED

Observing Veterans Day with a small group of veterans at the Lowell Auditorium at 11:00 am with a prayer, the National Anthem, and a few words of recognition.

# Need help with technology?

## Finding resources is easy as 1-2-3

The Pollard Memorial Library has several new online and in-person tech resources:

### Tech @ Home:

The library's website page devoted to online tutorials for new and intermediate computer users. Find it here: <https://lowelllibrary.org/services/tech-home/> Here you will find links to online tutorials and exercises as well as handouts for the library's technology workshops.



### Tech Nights:

Tech Nights are again up and running at the library, Wednesday nights from 6-7PM or 7-8PM. On Tech Night you can book one hour with the IT Specialist to troubleshoot a device, receive instruction for a specific software, or get assistance with a specific computer-related task.

### Tech Days at the Senior Center (Age 60+ only):

Tech Days offer the same services of Tech Night, but take place Thursday mornings at the Senior Center from 10-11AM or 11-12PM. Sign up to ask questions, get help with your phone or device, learn MS Word or other programs, or get assistance with a specific computer task.

Reservations are necessary for Tech Days just as they are for Tech Nights and there are only 2 slots available each day. Visit our calendar online at <https://lowelllibrary.org/events/> and search for available dates using the category "Tech Day/Night" to sign yourself up, or call the Reference Department at 978-674-4121 to have a librarian reserve your hour.

### Low-Cost Internet Access

Comcast offers a \$10/month internet package for income-eligible households, as well as low-cost laptop or desktop computers. First 60 days of internet access are free. Learn more at [internetessentials.com](http://internetessentials.com)

Xfinity wi-fi hotspots around the community are free to the public through 2020 due to the pandemic. Find your nearest hotspot on their interactive map at <https://wifi.xfinity.com/>

Assurance Wireless 1-888 321-5880 and Safelink Wireless 1-800-723-3546 offer free cell phones with data plans for income-eligible households.

The Senior Center and Library (and many businesses) offer free wi-fi. The Senior Center Branch is open for age 60+ Monday to Friday, 9am—1pm by appointment. Call 978-674-1177. As of Oct. 13, the library is open for walk-in computer use Mondays, Wednesdays and Thursdays 9am—5pm, and Tuesdays 9am—9pm.



Here are some important numbers for managing food security and stress in this difficult time:

### **Cash Assistance DTA Applications**

can be filed (started) online at DTACConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.



**Meals on Wheels** (open to anyone over 60 regardless of health): 1-800-892-0890

**Project Bread Food Source Hotline** 1-800-645-8333

**Merrimack Valley Food Bank Mobile Pantry Program:** 978-454-7272

**Manage Anxiety & Stress:** Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

**National Suicide Prevention Lifeline** 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

**FUEL ASSISTANCE** for income eligible families can be accessed through Community Teamwork 978-459-6161. Income limits for 2020-2021 are \$39,105/year for a single person, \$51,137/year for a 2-person household.

## **Access YOUR Veterans Benefits!**

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a needs-based program of financial and medical assistance for indigent veterans and their dependents.

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.

### **Senior Abuse Hotline Number**

To report suspected elder abuse, call: 1-800-922-2275

### **Elder Services of Merrimack Valley & North Shore**

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage 1-800-892-0890

### **Legal Services Assistance & Referrals**

1-800-342-5297

### **Fuel Assistance**

978-459-6161

### **DTA Hotline (SNAP/Food Stamps)**

Direct line for seniors: 1-833-712-8027

### **MassHealth**

1-800-408-1253

### **Social Security Administration**

1-800-772-1213

### **Medicare**

1-800-633-4227

## **Friends of the Lowell Council on Aging**

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

### **Holiday Wishes from the Friends Board**

With the cooler weather upon us we have to be even more aware of our surroundings. Being outside is certainly a better way to keep away the virus. It is harder to practice physical distance when indoors. Lowell, Chelmsford and other area towns are still in the red zone. Because of this the board has not been able to have a live meeting but we are still a viable group. Every month there are people who make donations and we even received a new membership last month. Of course October is always the last month we accept membership requests for the present year. No memberships are accepted in November. December 1 starts our membership drive for the upcoming year. 2021 is an election year so we hope there will be many new as well as renewed memberships. There is no age restriction for joining the FLCOA. Anyone is welcome to become a member to support us. So ask all your friends and family.

Unfortunately there is not a lot that has changed. The Friends is still an active organization despite not being able to meet in person these past months. Since we are a group who primarily supports the COA, we cannot answer any questions concerning the center's activities, but you can reach out to any one of us with your concerns and we will try to put you in the proper direction. I'm happy to report that all of our board are better than a lot of folks have been during

this pandemic. The key is to stay focused and not take unnecessary chances. We all want to be social and physical but have to steer clear. Hopefully that will change sooner than later.

### **Elections**

Elections are in April for Friends Board members. You need to join by then to be a Board candidate or to vote! Questions about Board responsibilities? Call a current board member, and more information will come in the spring newsletter.

### **Donations Appreciated**

Please consider sending a donation to support the Lowell Senior Center. We are an organization whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging. Please mail to: FLCOA, 276 Broadway Street, Lowell, MA 01854.



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Happy  
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**Pictured left:** Joe Vallante, Carol Lannan, Jim Sarantakis and Lil on Halloween. Joe, Jim, and Gilda James won our costume contest!



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